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(74) Agent: **ITOH, Tadahiko**; 32nd Floor, Yebisu Garden Place Tower, 20-3, Ebisu 4-chome, Shibuya-ku, Tokyo, 1506032 (JP).

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(71) Applicant (for all designated States except US): **RICOH COMPANY, LTD.** [JP/JP]; 3-6, Nakamagome 1-chome, Ohta-ku, Tokyo, 1438555 (JP).

(72) Inventor; and

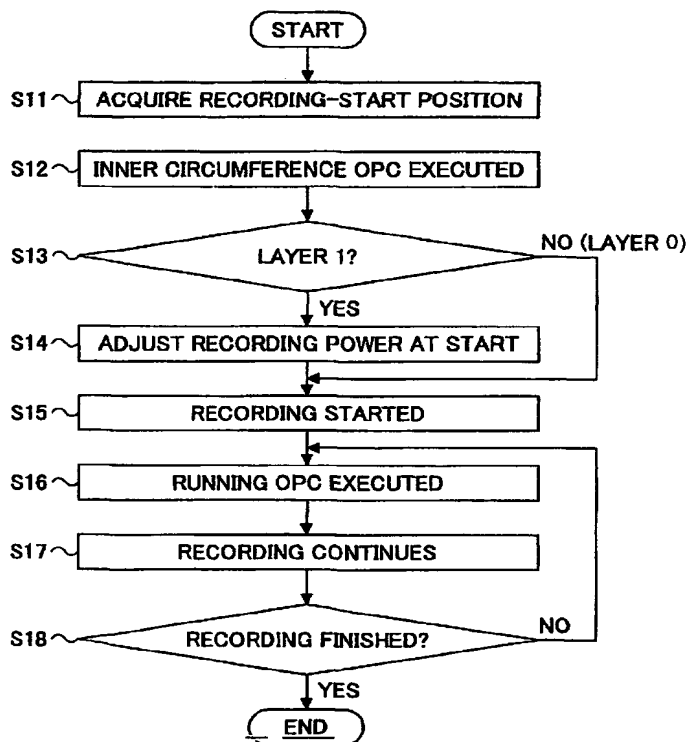
(75) Inventor/Applicant (for US only): **HAGIWARA, Kei** [JP/JP]; 1682-6-202, Kawawacho, Tsuzuki-ku, Yokohama-shi, Kanagawa, 2240057 (JP).

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(54) Title: AN INFORMATION RECORDING METHOD AND AN INFORMATION RECORDING APPARATUS



(57) Abstract: An information recording method and an information recording apparatus are disclosed, which are mainly applicable to a multilayer optical recording medium, recording on a layer being carried out from outer circumference to inner circumference, such as in an OTP method. The information recording method includes a step of trial writing for writing data on a trial writing area of the optical recording medium while gradually changing recording power for laser irradiation, and obtaining optimal recording power based on a reproduced signal of the data that are trial-written in advance of starting a recording operation, and a step of adjusting the obtained optimal recording power according to a recording-start position, and starting the recording operation using the adjusted optimal recording power.

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